



## Screening Recommendations

The Michigan Cancer Consortium recommends the following breast cancer screening guidelines:

### Breast Self Exam (BSE)

- Monthly BSE for all women age 20 and older
- Women should report any breast change promptly to their health care providers

### Clinical Breast Exam (CBE)

- Every one to three years for women in their 20s and 30s who do not have any breast symptoms
- Annually for women age 40 and older
- CBE should be included as part of a periodic health exam

### Mammography

- Annual screening for women of average risk starting at age 40

### Upper Age Limit for Screening

- Annual mammography screening should continue regardless of age, as long as a woman does not have serious chronic health problems
- For women with serious health problems or short life expectancy, evaluate ongoing early detection testing

## Early Detection

Early Detection is the key to survival. With regular screening, breast cancer is more likely to be detected at an earlier stage when it is most treatable.

The five-year survival rate among women whose breast cancer has *not* spread beyond the breast at the time of diagnosis is 97 percent

## Statistics

- Breast cancer is the second most commonly diagnosed cancer in Michigan (behind prostate cancer).
- It is the most frequently diagnosed cancer among Michigan women.
- During 2001, 7,092 women in Michigan were newly diagnosed with breast cancer.
- During 2002, 1,508 Michigan women died of the disease.
- Death rates associated with breast cancer have decreased in Michigan, falling from 3.5 deaths per 10,000 women in the late 1980s to 2.7 deaths per 10,000 women in 2002. These rates are similar to the national rates.
- Although more white women are diagnosed with breast cancer, death rates from breast cancer are highest among racial minorities.
- African Americans are 42.9 percent more likely than Caucasians to die from breast cancer, partly due to a later stage at diagnosis.

## RESOURCES

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/cancer](http://www.cdc.gov/cancer)

Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)

Michigan Department of Community Health  
[www.michigan.gov/cancer](http://www.michigan.gov/cancer)

National Breast Cancer Awareness Month  
[www.nbcam.org](http://www.nbcam.org)

National Cancer Institute  
[www.cancer.gov](http://www.cancer.gov)

Y-Me National Breast Cancer Organization  
[www.y-me.org](http://www.y-me.org)

## Risk Factors

Although every woman is at risk of developing breast cancer, several factors have been shown to increase a woman's risk. These include:

- Increasing age
- Personal history of breast cancer
- Family history of breast cancer (especially pre-menopausal onset) in a mother, sister, daughter, or other multiple relatives
- Never giving birth or having a first child after the age of 30
- Long menstrual history

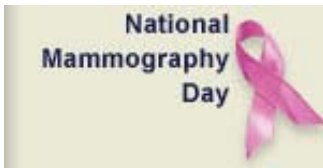
## Free Breast Cancer Screening Services Available

Michigan's Breast and Cervical Cancer Control Program (BCCCP) provides free annual breast and cervical cancer screening and diagnostic services to underserved populations across the state.

To be eligible for the program, a woman must:

- Have an income  $\leq$  250% of federal poverty level
- Be uninsured or underinsured
- Be age 40 - 64 for breast/cervical cancer screening and for diagnostic follow-up of breast/cervical abnormalities OR
- Be age 18 – 39, have been identified with a cervical abnormality through the Title X/Family Planning Program, and referred to the BCCCP for cervical cancer diagnostic follow-up

Call 800-922-MAMM for more information about eligibility requirements or participating BCCCP providers.



As part of National Breast Cancer Awareness Month, National Mammography Day will take place on October 15, 2004. On this day, or throughout the month, radiologists provide discounted or free screening mammograms.

National Mammography Day is celebrated the third Friday in October and was first proclaimed by President Clinton in 1993. In 2003, more than 705 American College of Radiology accredited facilities took part in this event.

To learn which facilities in your area are participating in National Mammography Day, please call:

American Cancer Society  
National Cancer Institute  
Y-ME National Breast Cancer Organization

800-227-2345  
800-4-CANCER  
800-221-2141